

KATHE WUNNENBERG



GRIEVING

THE

Child

I NEVER KNEW

*A Devotional for Comfort
in the Loss of Your Unborn or Newly Born Child*



A PDF COMPANION TO THE AUDIOBOOK

ZONDERVAN

Grieving the Child I Never Knew

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❖ A PRAYER GUIDE ❖

FOR SPECIAL DAYS

*P*rayer is a powerful gift you can give or receive. Allow God's Word to be your (or others') prayer guide on days or occasions when you need encouragement. Choose from the variety of topics and scriptures adapted to be your poignant personalized prayer.

When You Face Mother's Day or Father's Day

*The Lord bless _____
and keep _____;
The Lord make His face shine on _____
and be gracious to _____;
The Lord turn His face toward _____
and give _____ peace.*

FROM NUMBERS 6:24-26

When You Face Your Due Date

*God, You are _____'s
hiding place; protect _____ from trouble and
surround _____ with songs of deliverance.*

FROM PSALM 32:7

When You Face a Medical Procedure

*God, cover _____ with Your
feathers, and under Your wings help _____
to find refuge; may Your faithfulness be
_____’s shield and rampart.*

FROM PSALM 91:4

When You Face a Baby Shower/ Baptism/Dedication

*Create in _____ a pure heart, O God,
and renew a steadfast spirit within _____.
Do not cast _____ from Your presence or
take Your Holy Spirit from _____. Restore
to _____ the joy of Your salvation and
grant _____ a willing spirit, to sustain
_____.*

FROM PSALM 51:10–12

When Someone You Know Becomes Pregnant or Has a Baby

Lord, protect _____ from envy and selfish ambition. Give _____ wisdom from heaven that is pure, peace-loving, considerate, submissive, full of mercy and good fruit, impartial and sincere.

FROM JAMES 3:16–17

When You Face Holidays/ Family Gatherings

Clothe _____ with compassion, kindness, humility, gentleness, and patience. Help _____ bear with others and forgive whatever grievances _____ may have against others. Help _____ forgive as You, Lord, forgave. Help _____ put on love, which binds them all together in perfect unity. Let the peace of Christ rule in _____'s heart, since as members of one body _____ is called to peace.

FROM COLOSSIANS 3:12–15

When You Are Ovulating

Your love, Lord, reaches to the heavens, Your faithfulness to the skies. Your righteousness is like the highest mountains, Your justice like the great deep. You, Lord, preserve both people and animals. How priceless is Your unfailing love, O God! Help _____ take refuge in the shadow of Your wings.

FROM PSALM 36:5-7

When You and Your Spouse Disagree

Help _____ bear with _____ and forgive whatever grievances _____ may have against _____. Help _____ do, whether in word or deed, all in the name of the Lord Jesus, giving thanks to God the Father through Him.

FROM COLOSSIANS 3:13, 17

I pray that _____ will speak the truth in love to _____.

FROM EPHESIANS 4:15

When You Start Your Period

Lord, Your Word says that You go before _____ and You will be with _____; You will never leave _____ or forsake _____. Help _____ not be afraid or discouraged.

FROM DEUTERONOMY 31:8

When You Have Questions About Having Another Child

God, You know the plans You have for _____, plans to prosper _____ and not to harm _____, plans to give _____ hope and a future. Help _____ call on You and pray to You, and You will listen to _____. I pray _____ will seek You and find You when _____ seeks You with all _____'s heart.

FROM JEREMIAH 29:11–13

When Your Pregnancy Test Is Negative

God, help _____ lift up _____'s eyes and look to the heavens and know who created all these. You bring out the starry host one by one, and call forth each of them by name. Because of Your great power and mighty strength, not one of them is missing. Help _____ know that You are the everlasting God, the Creator of the ends of the earth. You will not grow weary and you will give _____ strength.

FROM ISAIAH 40:26-29

When Your Pregnancy Test Is Positive

Help _____ be strong and courageous. Do not allow _____ to be afraid or discouraged, for You, Lord, will be with _____ and _____'s unborn child wherever _____ goes.

FROM JOSHUA 1:9

Let _____ fix _____'s
eyes on Jesus, the pioneer and perfecter of faith.

FROM HEBREWS 12:2

When You Feel Alone or Misunderstood

Help _____ trust You with all of _____'s
heart and lean not on _____'s own
understanding. In all of _____'s ways may
_____ acknowledge You, Lord, and
You will direct _____'s steps.

FROM PROVERBS 3:5-6

You, Lord, go before _____. You, the
God of Israel, be _____'s rear guard.

FROM ISAIAH 52:12

Show _____ Your ways, Lord, teach
_____ Your paths. Guide _____
in Your truth and teach _____, for
You are _____'s God and Savior, and
_____ 's hope is in You all day long.

FROM PSALM 25:4-5

When You Face the Anniversary of Your Child's Birth/Death

*Let _____ wait patiently for
You, Lord; turn to _____ and
hear _____'s cry. Lift _____
out of the slimy pit, out of the mud and mire.
Set _____'s feet on a rock and give
_____ a firm place to stand. Put a new
song in _____'s mouth.*

FROM PSALM 40:1-3

*Strengthen _____
and help _____. Uphold _____
with Your righteous right hand.*

FROM ISAIAH 41:10

When Your Doctor Disappoints You

*See to it that no one takes _____
captive through hollow and deceptive philosophy,
which depends on human tradition and the
elemental spiritual forces of this world rather
than on Christ.*

FROM COLOSSIANS 2:8

Help _____ say like Jesus did,
“Father, forgive them, for they do not know what
they are doing.”

FROM LUKE 23:34

When You Are Weary from Waiting

Help _____ know _____’s
times are in Your hands.

FROM PSALM 31:15

Help _____ glory in _____’s sufferings
because we know that suffering produces
perseverance; perseverance, character; and
character, hope.

FROM ROMANS 5:3–4

Help _____ hope for what
_____ does not yet have and
wait patiently.

FROM ROMANS 8:25

This is the day that the Lord has made; let
_____ rejoice and be glad in it.

FROM PSALM 118:24

DISCUSSION GUIDE

The following eight sessions correspond with sections in the book and may be used in a variety of settings and time frames to meet your needs. Each session contains four questions and an assignment for the next week's session. You may also add additional questions from the "Steps Toward Healing" questions at the end of each devotion.

You may choose to use this as a six- to eight-week series, for a weekend retreat, or in a more intimate setting with another person or a small group to dig deeper. Because grief is personal and can't be confined to a method or timeframe, it's important to use this only as a guide; be flexible and adjust as God guides you. Pray and ask Him to help you in your journey.

Session 1: Introduction

1. Introduce yourself. Who are you, and why are you here?
2. Read the Introduction.
3. In the roller coaster analogy, which group of riders can you most identify with? Enthusiastic? Cautious? In between? Sick? Why?

4. The author's prayer is that her book (and this discussion) will point you to God and help you experience His presence in the midst of your pain. How have you already experienced God in the midst of your pain? What do you hope you receive from this group? (Write every group member's comment down, and make this a closing prayer for this session.)
5. Homework: Read Part 1: Hiding.

Session 2: Hiding

1. How did you experience God in the midst of your pain since we last met?
2. What story, verse, example, or questions in the section on hiding spoke to your heart? Why?
3. Hiding started in the garden of Eden. Read Genesis 3:8–9. Personalize these verses by inserting your name. How have you or others been hiding from your loss?
4. Psalm 43:3 says, "Send out your light and your truth; let them guide me" (NLT). What steps can you take this week to be truthful to yourself and with others?
5. Homework: Read Part 2: Suffering.

Session 3: Suffering

1. How did you experience God in the midst of your pain since we last met?
2. What story, verse, example, or questions in the section on suffering spoke to your heart? Why?
3. Read Romans 5:3–5. What does this verse say that suffering produces?
4. How do the examples of David, Hannah, and Jesus encourage you in your suffering?
5. Homework: Read Part 3: Questioning.

Session 4: Questioning

1. How did you experience God in the midst of your pain since we last met?
2. What story, verse, example, or questions in the section on questioning spoke to your heart? Why?
3. In devotion 11, the author says that “what we believe about God during those times of uncertainty will influence how we respond. If we believe that our circumstance is something Satan slipped by God when He wasn’t looking, we will plummet to the depths and drown in despair. But if we view the God of the Bible as sovereign, supreme, and the One who calms the waters, we will be buoyed with hope. We will see purpose, even

though we may not know now what the purpose is.”

What questions do you still have that remain unanswered about your loss? Who has answers?

4. God said in Hebrews 13:5, “Never will I leave you; never will I forsake you.” How does the promise of His presence comfort you in your uncertainty?
5. Homework: Read Part 4: Forgiving.

Session 5: Forgiving

1. How did you experience God in the midst of your pain since we last met?
2. What story, verse, example, or questions in the section on forgiving spoke to your heart? Why?
3. Is there someone who has hurt you that you need to confront and offer forgiveness to? Is there someone you have hurt and you need to seek forgiveness? How will you take steps to do this?
4. Are you angry with God about your loss and feel as if He should have intervened? Forgiving God doesn't mean He's guilty because He can't commit sin. Sometimes our false expectations get in the way of what we think God should have done to prevent our loss. How have yours?
5. Homework: Read Part 5: Relating.

Session 6: Relating

1. How did you experience God in the midst of your pain since we last met?
2. What story, verse, example, or questions in the section on relating spoke to your heart? Why?
3. Who has God brought into your life that can relate to your loss? How does this make you feel?
4. Second Corinthians 1:3–4 says we are to comfort others with the comfort we have received. How have you received comfort from others, and how can you give it?
5. Homework: Read Part 6: Seeking.

Session 7: Seeking

1. How did you experience God in the midst of your pain since we last met?
2. What story, verse, example, or questions in the section on seeking spoke to your heart? Why?
3. God may have special work for you to do in spite of your loss. Which of the examples of the contemporary women from Devotion 27 encouraged you? How could God use your loss for good? What ideas do you have?
4. Heaven is a real place where your child lives. How can you be assured you will go to heaven and see your child again? John 3:16 says, “For God so loved the

world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.”

5. Homework: Read Part 7: Sharing Your Story.

Session 8: Sharing Your Story

1. Review your hoped-for outcome of this group from session 1. What did you desire? Did you receive what you hoped for from this group?
2. How did you experience God through your pain?
3. Share one personal experience in your journey through grief where God has worked through your life.
4. What spiritual lesson did you learn from it?
5. What do you sense God is asking you to do next?